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# the newham mag

issue 281 // 16 – 30 August 2013



## Lightning strikes twice

Residents enjoy  
Usain Bolt's return to the  
Olympic Stadium (p12)

# **UNDER THE STARS** **FOUR NIGHTS OF FANTASTIC FREE OUTDOOR LIVE MUSIC**

**THURSDAY 15 AUGUST**  
**INCOGNITO**  
**THE BRAND**  
**NEW HEAVIES**  
**CIYO BROWN**

DJs JAMES ANTHONY AND ASH SELECTOR

**FRIDAY 16 AUGUST**  
**DCS FEAT. SHIN**  
**TAZ STEREO NATION**  
**JUGGY D**  
**GAANA RAJAS**  
**ALI ABBAS**  
JUGGLING INFERNO - FIRE SHOW  
KISS FM PRESENTER DJ NEEV

**SATURDAY 17 AUGUST**  
**BONEY M**  
FEATURING LIZ MITCHELL  
**IMAGINATION**  
**THE REAL THING**  
DJs JAMES ANTHONY AND ASH SELECTOR

**SUNDAY 18 AUGUST**  
**ROYAL**  
**PHILHARMONIC**  
**ORCHESTRA**  
**SPECTACULAR**  
**FIREWORKS FINALE**

No public parking, please use public transport. You may be searched as a condition of entry. No glass bottles or dogs.

**AT CENTRAL PARK, EAST HAM, E6. GATES OPEN 6.30pm**

**[www.newham.com/summer](http://www.newham.com/summer)**

**[@newhamlondon](https://twitter.com/newhamlondon) [f newhamevents](https://www.facebook.com/newhamevents)**

Mayor of  
Newham



All the excitement of the 2012 Games returned to Newham with the Greenwich's Anniversary Games (p12) – a sell out arena spectacle. Don't forget that just like in 2012 we can help you get your own party started (p9) or you can join us at one of the family events taking place from the Royal Docklands to the A13 Green at Canning Town (p10). And don't forget the Standard Flying Festival (p15). There's also big screen opera at Siemens Crystal (p11), a summer jam at ULL's SportsDock (p34) and five pages of events and activities in our What's On section (p34).

*Cllr Amarjit Singh*  
*Chair of the council*

To request a large print version of the Newham Mag call 020 3373 1517 or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

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## IN BRIEF //

### Grand designs for new homes

One of the world's most prestigious architects has been selected to work on Newham Council's ground-breaking house building project.

The firm of Richard Rogers, who was responsible for the Lloyd's building and the Millennium Dome in London and the Pompidou Centre in Paris, has been selected to design 40 new homes in a block of flats on an undeveloped area of land at Leather Gardens in Stratford.

Mayor Sir Robin Weiss said: "We are delighted to have selected Rogers-Stirk Harbour & Partners as the preferred architect for this innovative housing scheme. Newham is leading the way when it comes to housing and I am proud to be working with such influential architects who will help us to deliver this scheme for our residents."

Newham Council intends to set up a local authority company to purchase the homes and let them at an affordable rent. Beyond this there are plans to build at least 2,000 new homes in Newham over the next five years.

### Newham raising stadium roof

Work to transform the Olympic Stadium is now under way.

The E20 Stadium Partnership, set up between the London Legacy Development Corporation and Newham Council to manage the Stadium, has awarded a £41 million contract to Balfour Beatty to carry out works on the stadium roof. This will help convert it into an all round multi-use venue and deliver a lasting sporting, cultural and commercial legacy.

### >>> Youngsters enjoy space odyssey



Youngsters were able to reach for the stars as part of the summer activity programme now under way in Newham.

The Journey into Space interactive exhibition at Stratford's Discover Story Centre was one of the activities that children aged under 11 were able to visit for free at the start of August thanks to the Newham Reading Guarantee.

Mayor Sir Robin Weiss said: "The Discover Children's Story Centre is just one of the many free activities and learning opportunities that we've made available for children in Newham this summer."

"Reading is the gateway to learning and enjoyment and is vital in ensuring our children have the best chance possible of fulfilling their potential."

Also going on this summer is Creepy House – the Summer Reading Challenge for 2013, which has fantastic reading activities for children aged five to 12 years.

For more information see our What's On pages or visit

[www.creepy-house.org.uk](http://www.creepy-house.org.uk)

## Ohio nets more offenders

Domestic properties being used for scrap metal dealing and a host of other offences have been targeted by Newham Council's enforcement team.

The latest Operation Ohio covering East Ham and West Ham wards targeted waste disposal and houses of multiple occupancy as part of a 48 hour operation.

An investigation by the council's property licensing team found two illegal houses of multiple occupancy (HMO). One had more than ten people living in it. Both cases are now subject to prosecution.

Action is also being taken against a restaurant after residents reported maggots-infested rubbish bags being dumped in the street.

Gill Unwin-Dale, executive member for crime and anti-social behaviour, said: "It's unacceptable for residents to have to put up with an eye-sore like this in their area. Residents can get bulky waste collected for free and all businesses should have a trade waste agreement in place. We are determined to make the borough a better place for everyone."



## Boxing legend has Place of his own

The gold medal winning boxing legend Terry Spinks MBE has been given a permanent memorial in Newham to inspire future generations.

His achievements have been recognised by the creation of Terry Spinks Place in Canning Town, next to Silverdown Way.

A host of family and friends of the boxer, who died in April 2012, were joined by future winners from his beloved West Ham Amateur Boxing Club for the official unveiling.

Terry, who grew up in Canning Town, thrilled the nation when aged just 18 he won gold in the flyweight division in 1968 at the summer Olympics in Melbourne, Australia.

Mr Robin Welles, Mayor of Newham, said: "Terry's fighting spirit - in life as in the ring - characterised the heart of Canning Town. That's why we are ensuring that Terry Spinks Place will be at the heart of the new Canning Town."



Mr Welles with Terry's family and friends

## Council halts street lottery vending

Council officers have taken action against a lottery scheme operating in the borough.

The Newham (Small Charities) Lottery, also operating as Newham (Small Charities) Lottery, is now subject of enforcement action for failing to obtain a street trading licence.

As a result, the organisation has also been referred by the council to both the Charities Commission and the Gambling Commission which sets the watchdogs that regulate lotteries.

Residents are advised to contact the council's trading standards officers if they see anyone selling goods without a council licence.

Mayor, Mr Robin Welles said: "We have called in the regulators as a result of concerns raised by residents. Street trading without a licence is an offence which we will enforce against."

For more advice on trading standards visit [www.newham.gov.uk](http://www.newham.gov.uk)

## Be in front row for Rugby World Cup

Newham Council and East London Rugby Football Club in West Ham are encouraging residents to follow the lead of former England star Jeff Probyn and sign up to support Rugby World Cup 2015.

Five matches in the global sport tournament will take place at the Olympic Stadium in Stratford's Queen Elizabeth Olympic Park involving teams including current world champions New Zealand, South Africa, France, Italy and Ireland.

By signing up to the Front Row website, residents will be able to get the latest news and ticket information. Jeff, capped 37 times for England including the 1991 World Cup final, has already shown his support.

Deputy Mayor Councillor Easter Hudson, said: "We want to ensure a lasting legacy in the Olympic Stadium for residents. Hosting major sporting events like Rugby World Cup 2015 will help us to achieve that." The website can be found at [www.rugbyworldcup.com/frontrow](http://www.rugbyworldcup.com/frontrow)



Front row for Jeff Probyn with Mayor Robin Welles and Cllr Easter Hudson

# Calling time on dodgy landlords

A group of landlords are about to learn the hard way that trying to avoid property licensing is an expensive mistake.

Our property licensing team is now out in force on the streets of Newham inspecting properties that landlords have either failed to license or where we believe information provided is false.

**"We're determined to ensure that people who are trying to improve the area get support from us."**

I witnessed searches by a joint team of enforcement officers, police and UK Border Agency staff at 40 addresses in East Ham, some of which will result in prosecutions.

There has been a lot of interest from across London in what we are doing, including the media, so I was delighted that BBC London presenter Eddie Nashor was on hand to see the operation for himself.

This is the next stage of our plan to improve the housing in Newham. We want to ensure that private sector rented properties are well-managed and meet a good standard. We also want to deal with the crime and anti-

social behaviour that is sometimes associated with bad private sector rented housing.

There's mess outside these properties because nobody cares and many are fire hazards.

We've now had 30,000 licence applications made from 18,000 unique landlords. So far we have completed more than 1,200 enforcement visits and as a result are pursuing 65 prosecutions. Our landlords are still putting far too many people in one property and not meeting safety regulations.

That's why we are now investigating properties and behind it are tough sanctions. Failure to license could lead

to a prosecution and a fine of £20,000.

But this is not about money, it's about stopping the exploitation of our residents. Bad landlords are exploiting desperate residents with accommodation that is unsafe, overcrowded and a source of anti-social behaviour for the rest of us.

So far at one in ten of every address we visit, we're making an arrest for offences such as assault, theft and drugs.

This is about making Newham a better place for everyone. We're determined to ensure that people who are trying to improve the area get support from us.



Mr Eddie Nashor (BBC) visits a property



## Mayor's view

# We're on the right track; so where's Eurostar?

There's an old saying that if you always do what you've always done, you'll always get what you've always got.

It's good advice that the owners of Eurostar haven't quite grasped and as a result they could miss out on a golden opportunity to use Stratford International Station to generate thousands of extra customers.

A year on from the brilliant London 2012 Games, when Stratford International Station was used by tens of thousands of global visitors, London & Continental Railways – the co-owners of Eurostar – have stalled on progress.

**"Along with tourists, business travellers from mainland Europe will soon have Stratford on their arrivals list due to a host of multi-million pound developments"**

They argue the business case isn't there and there isn't enough demand to cover the costs.

It's plain daft, bringing international rail services to Newham is about much more than Queen Elizabeth Olympic Park and Westfield. It's not just about Stratford. There's the Royal Docks, which includes the £1.1bn international development by

the Chinese firm ADB, there's Excel, London's only international convention centre and Siemens Crystal. Then there's Cross Rail and the upcoming regeneration of Canning Town.

For Eurostar not to come to Stratford International is short sighted in the extreme as Crossrail has the potential to draw them customers from Essex and across London.

Stratford will have a key role in 2015's Rugby World Cup. The former Olympic Stadium will be hosting a series of international sporting events, all West Ham United home games and hopefully that will include some European matches.

Queen Elizabeth Olympic Park has already hosted international artists

including Jay Z, Justin Timberlake and Bruce Springsteen and shown itself to be one of London's best festival venues.

Along with tourists, business travellers from mainland Europe will soon have Stratford on their arrivals list due to a host of multi-million pound developments.

I'm not satisfied with the current situation and am now lobbying for change.

If Eurostar doesn't take up the opportunity we'll help others that will. The Channel Tunnel will soon be opened up to rival European train firms. Italian and German operators are both interested and I will be delighted to welcome them to Newham if Eurostar wants to stay parked in the sidings.



## with Sir Robin Wales

# Community celebrations

Show off your talents to the community by inviting them to share in your passion, with support from a Let's Get the Party Started (LGtPS) grant of £250 to £500.

Thousands of people have successfully held events and opportunities for their friends and neighbours to come together and try something new, from discovering the joys of a street party to taking part in a creative workshop.

Whether you're an individual with a skill to share or an organisation who wants to showcase what you offer, come up with an idea for a one-off community gathering and our LGtPS campaign could help with the funds.

We want to help bring our residents together and form lasting bonds with each other. Come up with an idea for a one-off community gathering and our LGtPS campaign could help with the funds. As long as your activity or event is open to all we can give you the know how to organise it and some cash to help make it happen.

## Carnival flavours at Hibiscus

The Hibiscus Community Centre in Stratford wanted to tell people in the area more about their activities and came up with the idea of an open day coupled with a carnival party. Putting on existing resources and the goodwill of volunteers, Sonia Joseph applied for a LGtPS grant of £500.

She said: "The event was great and brought a lot of new faces through the door. Volunteers donated food and their time to help make it a success."

"We had a two steel pan band and a demonstration from our quadrille dance group. Everyone that could offer something did – we even managed to get Neneia Bell from Soul II Soul to sing for free."

The centre for residents aged over 50 advertised the event to supporters and

wider residents using posters and flyers.

As well as uplifting entertainment, visitors discovered more about the centre such as the free tai chi, line dancing classes and craft sessions.

Sonia said: "Everyone had a great time and kept asking when the next event will be – so we're planning to hold a Christmas party."

**The Hibiscus Community Centre hosts many free activities for the over 50s including tai chi, line dancing and arts and crafts. To find out more call Janice on 020 8519 6158.**

## Applying is easy

Visit [www.newham.gov.uk/grants](http://www.newham.gov.uk/grants) to find out how you can apply for a LGtPS grant of up to £500 to support your community event or activity.

Branch of the Hibiscus Community Centre





**FREE WIFI**  
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# ParkLife

Monday 19th - Friday 23rd August

Win an  
**Xbox 360**  
by meeting our  
Mascot Makena!

Sit back, relax and let us entertain the kids as we transform Central Square into a Park!

Plus...each day we will host an exciting activity, including a visit from Epico the Dragon!



See our website for further details [www.stratfordshopping.co.uk](http://www.stratfordshopping.co.uk)

**STRATFORD**  
SHOPPING

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# Entertainment in E16

From cycle-powered film nights to London's largest urban beach, from now until the end of September there's a range of exciting activities and events for you to enjoy in E16.

## Green living

Opposite Canning Town station under the flyover, the A13 Green houses a village green, a traditional bandstand, grass and a host of spectacular events to help you relax, discover something new or work up a sweat.

Every Friday until 20 September you can kick back with *Evenings on the Green*. Bring your family and friends and from 8pm take in exciting activities and events. Here's what's in store:

**16 August: Wild Life.** Discover Canning Town's hidden plants and animals through workshops, music and performances.

**23 August: East London Dance (ELD)** remain the maypole. Join ELD for a maypole maul-up with special performances and inspiring installations by talented young people from Project Phoenix.

**30 August: Singer Kenny Lynch OBE and O'Farrells Stage School**

**6 September: 100% Elvis.** Slip on your Blue Suede Shoes and get All Shook Up with Sal Basher, the one and only Asian Elvis.

**13 September: Magnificent Revolution.** Film nights have never

been so fab. Come along and witness the power of the pedal at these cycle-powered outdoor screenings.

**20 September: The Light Fantastic,** autumn equinox finale. Say farewell to the summer festival with performances, projections, music and more.

Games take place at all events. You can bring a picnic or treat yourself to food and drink on sale. Find out more by visiting [www.newham.com/summer](http://www.newham.com/summer)

## Love tennis?

Head to the A13 Green every Tuesday to Friday from 12noon to 6.30pm until 20



## Royal Victoria Dock

### The first port of call for food fanatics

From Ethiopian to Lebanese, Argentinean to Japanese, you're sure to find your dream cuisine at Royal Victoria Dock.

From 7.30am every Saturday and Sunday, – you'll find Canadians preparing bites from Quebec and Germans selling Bavarian bratwurst. There is jerk chicken, pizza, corn dogs and Japanese shellfish. For dessert you'll find sweet crepes, cupcakes, baklava, dried fruits and more, all at the edge of the dock.

Amber Market is on the northern edge edge of Royal Victoria Dock.

September and enjoy free tennis on pop up mini courts. All equipment is provided. Sessions are on a first come, first served basis. Find out more by heading to the Green.

## The Riviera comes to Royal Victoria Dock

Residents have been flocking to Royal Victoria Dock to soak up the rays and feel 200 tonnes of sand beneath their feet at London's largest seaside resort.

The Royal Victoria Beach, by the Emirates Airline, is big enough to contain ten London buses, and is hosting activities for all including theatre performances, arts workshops and live music.

Inspired the annual Pinta Plage in France, where areas along the river Gironde are transformed to Riviera style settings you'd have to head to Southland-on-Sea to find a bigger beach.

Head down daily between 10am-6pm to soak up summer sunshine or head down on Saturday afternoons, until 21

September, from 12noon-6pm to take part in some unique events:

**17 August: Everyone's a Winner.** Volleyball displays and workshops, games, sports and rosette-making craft sessions.

**24 August: Amazing Art Workshops** by local artists alongside Pinball Geoff's Famous Victorian Penny Arcade

**31 August: Great British Swim.** Watch participants take part in this annual charity event.

**7 September: A Mirror to the Sea.** Tune into the community sound archive, add some colour to your cheeks with face painting and let your imagination run wild with storytelling.

**14 September: Yael Karavan.** Be amazed and entertained at the guru of physical theatre's specially created bescheide performances. Get hands on

with reclaimed objects from the Thames at magical sun printing workshops.

**21 September: Waterfront Festival.** Bring your friends and family and enjoy a day at the dock from 12noon to 6pm with live music, water based activities and a breath-taking fireworks finale.

As well as all this, every Saturday takes A Thames Journey and find out about the history of the docks through the odorama scratch 'n' sniff cinema and take part in lawn games, jenga and hula hooping.

## Get involved

If you have some time to spare and would like to volunteer at these events email [hello@thebrickbox.co.uk](mailto:hello@thebrickbox.co.uk) for more information.

For information about the A13 Green and Royal Victoria Beach visit [www.newham.com/summer](http://www.newham.com/summer)

Twitter @NewhamLondon



# A golden anniversary

For three extraordinary days Newham residents were treated to a 2012 flashback at Stratford's Olympic Stadium. Cameras flashed, crowds roared, and Usain Bolt arrived on a rocket car.



Three hundred residents got free tickets to the Sainsbury's Anniversary Games, the final major sporting event to take place before the Olympic Stadium is transformed into a multi-purpose arena and home to West Ham United Football Club.

The crowd rose to their feet when Usain Bolt took to the track. The stadium went wild for Mo Farah and there was a colossal cheer for Jessica Ennis-Hill. But perhaps the loudest cheer went out to Stretford's Christina Otuogu after she was the first to cross the finish line in the 400m.

The feel good factor was back and the scoreboard said: London 2012.

A £160m-plus conversion due to complete in two years, will be ready for the next big event at the stadium the Rugby World Cup 2015.

When the stadium reopens, a new 45,000sq metro roof, bigger than six football pitches, will arc over the Olympic Stadium improving acoustics for concerts and providing protection from the elements for visitors, competitors and entertainers.

### Legacy benefits

Community benefits for residents from the stadium secured by Newham Council include:

- > access to the community track
- > ten mass participation events for residents each year
- > tickets to West Ham United matches
- > tickets to sports and entertainment events
- > new jobs for Newham residents.

### The paralympians return

Disabled athletes will be in action for National Paralympic Day on Saturday 7 September in the north area of Queen Elizabeth Olympic Park.

For more information on this free event see p30, the next edition of the Newham Mag, or visit [www.newham.gov.uk/rpd](http://www.newham.gov.uk/rpd)

## Your views on the Anniversary Games

### Margaret Nutall and Stuart Davies, Silvertown

"We couldn't get tickets to see the Olympics. Watching Usain Bolt, Mo Farah and many others was tremendous."

### Rlon Moyo, Stretford

"I just wanted to say thank you for the free tickets to the Anniversary Games. It was a very enjoyable day and great to experience a full Olympic Stadium."

### Matt Hollett, Stretford

"We had a fantastic time and the atmosphere was amazing. None of the enthusiasm for sport in the area has diminished. In fact, I think the crowd were cheering louder than ever before!"

### Go, Go Chrissie O

Newham's Christina Otuogu was named captain of the British team for the World Championships in Moscow. Chrissie is keen to keep the Olympic legacy alive in Newham and has pledged to visit every school in the borough over the next two years.



# CULTURAL CELEBRATIONS

Join us in creating a Community Big Art Alpine Backdrop and the kids can make their own Polish sweet rolls to fill with sweet treats or go for some Temporary Tattoos

COMING SOON  
BRITISH WEEK WEDNESDAY 28TH AUGUST

Family Shopping Made Easy

  [www.gallions-reach.co.uk](http://www.gallions-reach.co.uk)

     and many more...



## Active and Connected day for carers 22 Aug 2013



Are you a carer for a family member or a friend who could not manage without your help?

Find out how you can take care of your own health and wellbeing at this special event, organised by the Active and Connected Carers project

- Meet other carers in your area
- Discover the support your local authority can provide
- Find out about our wellbeing programme
- Take part in activities such as massages, jewelry making and a raffle
- Enjoy lunch and refreshments provided by us

**Date:** 22nd August 2013  
**Time:** 11am - 2pm  
**Venue:** Board rooms A&B, East Thames Group, 28-30 West Ham Lane, Stratford, London, E15 4PR

For booking tickets please email or call your place by contacting:  
Hannah Begum on 020 4606 4606 or email  
[hannah.begum@ageuknewham.org.uk](mailto:hannah.begum@ageuknewham.org.uk)



## Diploma in Law qualification

Change your life with a Diploma in Law qualification awarded by the University of London and taught by the School of Law at Birkbeck, University of London.

Gain an understanding of the key concepts of law from criminal law to contracts. Successful completion qualifies you for entry into year 2 of Birkbeck's full time LLB programme. You'll receive wide ranging support in the development of legal and academic skills, so that you're ready for further academic or professional study. Student loans are available from 2013/14 academic year.



### Taster Event

Get a taste of the Diploma in Law on Tuesday 27 August. Book your place at:  
[diploma27aug.birkbeck.ac.uk/](http://diploma27aug.birkbeck.ac.uk/)

[@BirkbeckLaw](http://BirkbeckLaw) [law@bbk.ac.uk](http://law@bbk.ac.uk) 020 7631 6508

[bbk.ac.uk/law/diploma](http://bbk.ac.uk/law/diploma) London's evening university



# Welcome to the playground

Get ready to laugh, dance and play as the Stratford Rising Festival takes over Theatre Square, E15 on Saturday 7 and Sunday 8 September. There's big surprises, world-class artists, free screenings, shows, adventures, games and a giant pop-up playground.

Stratford Rising Festival 2013 is bigger and better than ever. It features brand new shows and installations from Theatre Royal Stratford East, Stratford Crows, Discover, and award-winning architects Assemble.

This unique festival is created by Stratford locals for residents. It showcases just a tiny fraction of the magnificent creative output from this bit of Newham.

Theatre Square will become a giant interactive game with big screen also games and a word and wonderful programme of free entertainment and activities for all the family. This includes:

- > **the giant slide** – a wonderful architectural creation that is almost as beautiful to look at as it is fun to slide down
- > **playful encounters** – these include challenges, games and silly activities for kids and the young-at-heart

> **folk dance remixed** – it has to be seen to be believed fusion of street dance and traditional folk dance. There are lots of opportunities for everyone to have a go

> **retro gaming** – including big screen Mario Kart

> **free films** – screenings of children's cult classics *Jurassic* and *Labyrinth*

> **messy painting** – with a top children's author and Discover, Newham's unique children's story centre

As part of the festival a 'playmakers' scheme is being run to give young people work experience of events production, play and the creative industries

If you like the Stratford Rising Festival on Facebook you could be in with a chance of winning free goodies each Saturday in their #StratfordSaturday competition.



**Stratford Rising Festival**  
Saturday 7 and Sunday 8  
September  
12noon-7pm  
Theatre Square, Stratford E15

Twitter: @stratfordrising

Facebook: Stratford Rising Festival  
[www.stratfordrising.com/festival](http://www.stratfordrising.com/festival)

# Siemens Festival Nights

at the Crystal

*Big screen opéra comes to the Royal Victoria Dock*

In celebration of the first anniversary of the opening this September, the Crystal is proud to host the Siemens Festival Nights, an outdoor opéra festival taking place between 30th August and 1st September on the dockside.

**Fri 30th Aug, Falstaff, 7pm**

**Sat 31st Aug, La Traviata,\* 11am & Don Carlo, 4pm**

**Sun 1st Sept, Magic Flute for kids, 11am**

\*Free admission

## Tickets

£5 (This is a non-profit event. Choose to donate your £5 to local charities, or exchange for a £5 food and drink voucher to be used on the day).

For more info and tickets:  
[www.thecrystal.org/events](http://www.thecrystal.org/events)

**The Crystal**

1 Siemens Brothers Way, London E16 1AB

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**SPECIAL**  
**SUMMER FUN**  
JOIN US FOR A FUN-PACKED WEEKEND!  
**LIVE MUSIC** **STORY CORNER**  
**FACE PAINTING** **DJs**  
**GAMES ON THE GREEN**  
**ARTS & CRAFTS**  
**FRI 23 - MON 26 AUG**  
**STRATFORD**  
**EAST**  
THEATRE ROYAL  
STRATFORD EAST  
BANK HOLIDAY 23-26 AUG  
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twitter.com/theatreroyalstratford

**BBQ**

2pm - 6pm

subject to weather

**HAPPY HOUR**

Save 50% on all drinks daily  
11pm - 1.30pm only  
creditall pgs 414-16  
also p414-16





# A caring profession

**Through their early life experiences, some young people have needed to be placed in residential care. We are looking for special individuals or couples to apply to become specialist foster carers and welcome a young person into their home.**

We aim to provide all children and young people who come into our care with a foster family, but this is not always possible. Teenage years in particular can be an emotional time, particularly for young people who are in care. But it is the nurturing and support a young person receives in those crucial years that can have a very positive impact on the rest of their lives.

#### **Who can help?**

We need people who have professional experience of working with young people between the ages of 11 to 18. We want teachers, youth leaders, community workers, social workers, existing foster parents or anyone who has other experience of working with young people

with challenging behaviour to apply for a new foster caring role.

If you have real empathy with young people, are up for a challenge and would like a change of career, becoming a specialist foster carer could be for you.

#### **What support will I get?**

As a specialist foster carer, fostering should be your only role as the young person you are caring for will sometimes need you during the daytime.

How much you are paid will be according to the needs of the young person, the minimum total weekly allowance you will be paid is £500.

In addition to fostering training, you will be offered specialist training to develop

your skills, including how to diffuse difficult situations.

All foster carers have a supervising social worker to support them and access to 24-hour telephone support.

#### **Change someone's life today**

To find out more about becoming a specialist foster carer call freephone 0800 0130 393, or 020 3373 0972 and ask for Linda McDonald or email [AAFCareers@mentia.co.uk](mailto:AAFCareers@mentia.co.uk)  
[newham.gov.uk](http://newham.gov.uk)



18 August 2013

Unit 5, 2<sup>nd</sup> Floor  
Warehouse K  
2 Western Gateway  
Newham  
London  
E16 1DR

Dear residents

**Re: Barts Health NHS Trust financial challenges.**

Barts Health, the NHS Trust that manages and provides hospital services across east London, including those at Newham General Hospital, has announced that it is facing some financial difficulties. This will mean that the Trust is having to find ways to reduce its costs to save money.

Over the next few months Barts Health NHS Trust will need to make some difficult decisions

I want to assure you that the local GPs and clinicians who form NHS Newham Clinical Commissioning Group (CCG), your leaders of the NHS in Newham, are working with Barts Health to make sure that savings are made whilst ensuring that the Trust continues to deliver good quality services and patient care now, and in the future.

Newham residents need a local general hospital that provides a range of appropriate, good quality services, including emergency care, and there is an undeniable case to maintain a major general hospital in Newham based on our growing population as well as current need. Securing the future of Newham General Hospital for our residents in any plans that are made is key to any agreements we have with Barts Health now, and in the future.

NHS Newham CCG is working in partnership with HealthWatch Newham and others across the borough so that together we can make informed decisions about the health services we need and the level of quality that our patients can expect. A crucial part of this work is to listen to the views of patients and members of the community.

We would appreciate your thoughts to help inform these important conversations with Barts Health. To do this we will have a number of events in the community in the upcoming months. These will be advertised on our website [www.newhamccg.nhs.uk](http://www.newhamccg.nhs.uk)

We hope that you will be able to join us and give your views at one of these events.

Yours faithfully

Dr Zuhair Zarifa  
Chair, NHS Newham CCG

We are doing everything in our power to keep Newham tidy. This is why in July Newham Council prosecuted and convicted 29 people for littering, urinating, spitting or any other activity where something is deposited is now all counted as "littering" and can be fined as such.

Newham Council has to spend £11m of your money to keep the streets clean. A person littering is basically pinching around £10 out of your pocket. This is why we fine people for depositing litter.

The pictures on this page show people who are responsible for dropping litter and other forms of anti-social behaviour. If you recognise anyone please call **020 3373 4479** and quote the reference number beside the picture.

### Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- you will not be required to provide your name
- you will not be required to leave your contact details
- you will not have to make a statement.

Also if your street or neighbourhood is untidy or if you find dumps, you don't have to put up with it. To get it cleared up report it online at [My.Newham.gov.uk](http://My.Newham.gov.uk)



Ref: Ang11088



Ref: Ang12005



Ref: Ang12004



Ref: Ang12006



Ref: Ang12008



Ref: Ang13104



Ref: Ang13178



Ref: Ang13900



Ref: Ang12770



Ref: Ang13062



Ref: Ang13100



Ref: Ang13428



Ref: Ang10478



Ref: Ang13514



Ref: Ang13104



Ref: Ang13038



Ref: Ang13048



Ref: Ang13070



Ref: Ang13100



Ref: Ang13087

**Please call 020 3373 4479 and quote the reference number by the picture.**

# CAUGHT ON CAMERA



London Borough of Newham



TERRY SPINKS  
PLACE E16

Newham in pictures



1 Olympic gold and former British featherweight boxing champion Tony Spinks MBE (1938-2012) is remembered with the opening of Tony Spinks Place. His portrait is held by his former coach and East End boxing legend 'Smiler' Sammy McCarthy. 2 Pupils from Plaxford School, East Ham learn how exercise can help prevent diabetes. 3 Year 5 pupils from Colegrave School, E15, question the North Park architects to find out about the soon to be opened Timber Lodge and 'Tumbling Bay' playground in Queen Elizabeth Olympic Park. 4 Residents show their moves at the Hiblecus Community Centre, E15. 5 A glorious day out at Queen Elizabeth Olympic Park.

# OUTSTANDING VOCATIONAL OPPORTUNITIES

BELIEVE IT,  
ACHIEVE IT!

IF YOU ARE AGED 16-18 YEARS OLD\*,  
YOU WILL BE ELIGIBLE TO RECEIVE  
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COMPLETION OF YOUR COURSE.

REGISTER YOUR INTEREST  
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FOR 16-18 & 19+  
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LATE ADMISSIONS FROM 27TH AUGUST

MONDAY - FRIDAY  
9:00AM - 4:30PM FOR 4:30PM CLOSE (MONDAY - THURSDAY)  
9:00AM - 4:30PM FOR 5:00PM CLOSE (FRIDAY)

SATURDAY  
7TH SEPTEMBER, 14TH SEPTEMBER, 24TH SEPTEMBER  
10:00AM - 1:00PM

EAST HAM CAMPUS, HIGH STREET SOUTH, LONDON E6 6ER

EMAIL  
EXTERNALENQUIRIES@NEWHAM.AC.UK

CALL  
020 8257 4446

OR TEXT  
"ENROL NEWMAC" TO 60081





# Small business, big ambition

Across the borough, tiny ideas are taking root and creating business opportunities for disabled residents.

Pamela Hillyer is one of many aspiring entrepreneurs receiving guidance from Newham's Micro-Enterprise Project which is helping to turn her life's passion into a business that will make a difference to disabled people in the borough.





Pamela, who lives in Plaistow, has mental health challenges, osteoarthritis, and a zest for life and helping others.

Since the age of 12 she has assisted disabled members of her family to manage their conditions.

As a person with an invisible disability, she is passionate about disability awareness. She said: "It's time to change people's perception of mental health. Although I have mental health challenges I can function and be a normal person. Some people might see me as someone who doesn't want to work or is lazy but they don't get it. For some people, getting out of bed might be their day's biggest challenge."

Pamela found out about the Micro-Enterprise Project at a launch event held last year and decided to set up a business providing services as a signer/translator and advising organisations on how to communicate to deaf people. The project gives older or disabled people advice and support to set up a small business. Community groups or Newham residents with an idea for a service for older and disabled people can also receive assistance to start up a business.

#### How did you come up with the idea for your business?

I'm BSL (British Sign Language) qualified and have been signing since I was 16. I also understand the experiences of people with dyslexia and I have personal experience of living with mental health issues. I want to highlight invisible disabilities by educating people and organisations about disability awareness and communicating with deaf people.

If I get on the bus with my Freedom Pass people look at me and probably think, 'why has she got a free pass?' I want to break down those perceptions and help people understand each other more.

#### What did you learn at the launch event?

My friend was the one who told me

about it. We learned a lot and shared ideas. It was really good to hear from disabled entrepreneurs. It makes you think, if they can do it, anybody can do it. They were great role models who had set up their own business.

#### What support have you received so far?

I've been given business start-up advice. I have spoken about my ideas to the Micro Enterprise team who have been really supportive. With their help I did a level one business course, which gave me the grounding I needed to see what works and what doesn't work.

I went on to do a level 2 business course at the Women's Business Centre in East Ham. At the moment I am completing a course on teaching through Lifelong Learning, which will help me when I start my business.

#### What advice would you give aspiring entrepreneurs?

Try. Just give it a go. You don't know until you try. Everyone has a skill. You might be good at tennis or dreammaking, playing hair or anything. You just have to think: how can I turn this into something profitable that will also benefit our community.

#### Make it your business

A micro-enterprise can be run by:

- > older and disabled people, their family members, friends or carers
- > community groups
- > local residents with an idea to offer services to older or disabled people.

The Micro-Enterprise Project team are on hand to offer you advice, practical information and support, as well as listen to your ideas and give you professional feedback.

To find out more visit [www.newham.gov.uk/microenterprise](http://www.newham.gov.uk/microenterprise), call 030 3373 0637 or email [Bsa.taylor@newham.gov.uk](mailto:Bsa.taylor@newham.gov.uk)

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PSYCHOLOGICAL SOCIETY

SMALL  
STUDY  
GROUP

# WHY NUC?

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WWW.NEWHAM.AC.UK/NUC  
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NUC@NEWHAM.AC.UK

CALL US NOW  
020 8257 4446

THERE ARE A LIMITED NUMBER OF PLACES AVAILABLE ON THE FOLLOWING COURSES:

#### UNDERGRADUATE PROGRAMMES

- BA / BSC (HONS) COUNSELLING STUDIES  
(JOB OR INTEGRATIVE THERAPY)
- BA (HONS) BUSINESS AND MANAGEMENT
- BA/BSC (HONS) COMBINED STUDIES – CHOOSE TWO OF  
BUSINESS AND MANAGEMENT, PSYCHOLOGY, COUNSELLING STUDIES,  
POLITICS, EDUCATION STUDIES, SOCIOLOGY, ENGLISH
- BSc (HONS) PSYCHOLOGY
- BSc (HONS) CHILD AND ADOLESCENT PSYCHOLOGY

#### POSTGRADUATE PROGRAMMES

- MA COUNSELLING STUDIES
- PGDET / PGDIP COUNSELLING STUDIES

#### TEACHING COURSES

- PROFESSIONAL GRADUATE (CERTIFICATE OF EDUCATION)  
POST AWARDED BY THE UNIVERSITY OF WESTMINSTER
- TEACHING ENGLISH TO SPEAKERS OF OTHER LANGUAGES CELTA

#### HND/C COURSES

- HND/C HAIR AND SALON MANAGEMENT
- HNC IN ENGINEERING
- HND/C ADVANCED PRACTISE IN WORKING WITH CHILDREN  
AND FAMILIES

**STILL UNDECIDED? VISIT US FOR A TOUR OF  
THE CAMPUS AND COURSE INFORMATION:**

STRATFORD CAMPUS, WELFARE ROAD, LONDON E15 8HT  
CALL US NOW 020 8257 4446 OR VISIT [WWW.NEWHAM.AC.UK/NUC](http://WWW.NEWHAM.AC.UK/NUC)



SCAN TO REGISTER



# A house is a home

Newham Council wants houses to be homes. It wants them to be places where people can live in safety and build their lives. This is why in January, Newham became the first borough in England to introduce private rented property licensing.

To get a licence the landlord must sign up to certain conditions. These include:

- > ensuring that the property is safe, is fitted with smoke alarms and has current gas and electricity safety certificates
- > regularly inspecting the property, keeping it in good repair and investigating anti-social behaviour (ASB) complaints
- > obtaining tenant references and providing a written tenancy agreement
- > protecting deposits in an approved Government deposit scheme
- > ensuring the property does not become overcrowded.

Setting these standards will help drive up the quality of privately rented housing for tenants and reduce the problems of ASB often associated with badly managed properties.

Tenants also have responsibilities. They must pay their rent on time, and they should report any faults or ASB issues to the landlord. Tenants must also not allow the property to become overcrowded and most importantly, they should not breach the terms of their tenancy agreement, as they could lose their home.

If you rent the property where you live you should ask your landlord if your home is licensed with Newham Council.

It is a criminal offence if your landlord has not applied for a licence and you may be entitled to a refund of any rent you have paid since January 2013.

For more information on the scheme and to check if your home has a licence visit [www.newham.gov.uk/property/licensing](http://www.newham.gov.uk/property/licensing)

The council is now taking action against landlords that have failed to license their properties and this carries a penalty of up to £20,000 per property.

Find out what happened when Sir Robin Wales and BBC radio presenter Eddie Naylor went on an enforcement raid, on page 6.

For more information on renting and your rights as a tenant visit [www.newham.gov.uk/MyHomeinNewham](http://www.newham.gov.uk/MyHomeinNewham)



From top to bottom: These are some of the squalid conditions which the Mayor and Eddie Naylor saw on their recent visit. Filthy conditions brought on by illegal overcrowding. Hazardous electrical wiring. Dangerous disrepair.

# Artistic and love flowers and plants?

STARTING SEPTEMBER 2012

## FREE Introduction to Basic Floristry

2 days a week for 5 weeks  
Looking for a way to improve your chances of employment? Creative and want to learn more? You will be introduced to various designs and practical techniques used within the floristry industry. There are no entry requirements and NO TUITION FEES to pay. All fresh materials included at no extra charge.

## Level 1 Diploma in Floristry

3 days a week for 1 year  
Provides a sound knowledge and skills base in floristry and offers career progression and improved employment opportunities.

## Level 2 Diploma in Floristry

3 days a week for 1 year (Intensive)  
1 day a week for 2 years (Day release)  
A comprehensive introduction to modern retail floristry, covering a variety of basic skills and techniques for a wide range of designs. Shop display and retailing skills also covered.

## Beginners Floral Design Courses

(Contemporary and Traditional)

1 evening a week for 10 weeks

September - Traditional Table Décor

January - Contemporary Free Standing

April - Traditional Free Standing

Each individual course will enable you to explore and develop imaginative designs.

## FROM COLLEGE TO OWN FLORISTRY SHOP IN 6 YEARS

"I could not have got this far if it wasn't for the encouragement and training I received at Capel Manor. The course had everything I needed to help me achieve my goal. The teachers, who have real industry experience, really supported me."

Sasha-Rose McMahon, 23, Level 2 and Level 3  
Diplomas in Floristry



## Capel Manor College

Newham College, East Ham Campus, High Street South, London E8 6ZZ

[www.capel.ac.uk](http://www.capel.ac.uk)

For further details and to apply ring Admissions on  
08456 122122 or email [enquiries@capel.ac.uk](mailto:enquiries@capel.ac.uk)



## Revised August Bank Holiday refuse and recycling collection days

Collection day	Revised Collection Day
Mon 26 August	Tue 27 August
Tue 27 August	Wed 28 August
Wed 28 August	Thu 29 August
Thu 29 August	Fri 30 August
Fri 30 August	Sat 31 August

Normal collections will resume from  
Monday 2 September

Newham London

Revised date for refuse and recycling  
collection Monday 27 August  
Refuse and recycling collection  
will resume on Tuesday 28 August.

The Jenkins Lane Reuse & Recycling  
Centre will be open every day from  
7.30am - 5.45pm and is free for  
Newham residents to use to dispose of  
household waste. You must present your  
driving licence or Council Tax statement  
as proof of residence.

For more information visit  
[www.recycleforyourcommunity.com](http://www.recycleforyourcommunity.com)



visit [www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)

# OUR NEWHAM

## A mystery competition

Aspiring authors received advice by Newham-born crime author Barbara Nadel when she visited Stratford Library. Barbara spoke about her latest novel, *A Private Business*, which is set in Green Street and follows a detective as he investigates the stabbing of a stand-up comedian.

To be in with a chance of winning a signed copy of *A Private Business* answer this question – **which of these is a fictional detective?**

- a. Cruella de Vil
- b. Sherlock Holmes
- c. The Artful Dodger

To enter, email your answer, name, address and phone number to [ewham.mag@newham.gov.uk](mailto:ewham.mag@newham.gov.uk) or write to Newham Mag, 1000 Dockside, London E16 2DU by Friday 30 August.

If you would like to buy a copy, Newham Bookshop, 747 Berling Road, E15, are offering a ten per cent discount on the Barbara Nadel books – *A Private Business* and *An Act of Kindness*, when you mention the Newham Mag.



## See the Salzburg Festival at Siemens Crystal

To celebrate the first anniversary of its opening, the Siemens Crystal is holding an outdoor festival that will bring a unique opera experience to Royal Victoria Dock.

Between Friday 30 August and Sunday 1 September audiences can see popular operatic masterpieces by Giuseppe Verdi and Wolfgang Amadeus Mozart from the world-renowned Salzburg Festival on the big screen.

### Highlights include

- Friday 30 August, 7pm, *Falstaff*
- Saturday 31 August, 11am-3pm, picnic with La Traviata, and 4pm *Don Carlo*
- Sunday 1 September, 11am, *The Magic Flute* (for kids)

Tickets are priced at £5 which can be exchanged for food and drink or donated to charity. The Newham People's Trust.

For more information on the tickets and programme, visit [www.thecrystal.org/events](http://www.thecrystal.org/events)





## Garden party

Lawrence Park, London, February 19th 2006. Community Development Officer, Paul Green, and his team of volunteers are working on a new garden at Lawrence Park, London.

The garden is for 11 to 25 young people who are interested in working to develop language and social skills.

The new garden at the children and families consultation service in Barking Road can now be used by children, families and therapists for counselling sessions.

The project, funded by Groundwork, also provided training in gardening, carpentry and urban art. The young people who participated on the project received AQA accreditation and volunteering certificates. They also received the completion of the work with a garden party.

Young refugees and migrants who are interested in finding out more about the project can visit [www.doctoentre.org](http://www.doctoentre.org) or call 020 8472 8947.

## Giving Something Back

Newham youth worker Ebenezer Tifort, 20, has pledged £1,400 to sponsor the education of two street children in Ethiopia – the same sum he received from the Jack Petchey Foundation ten years ago which enabled him to turn his life around.

Ebenezer grew up in Plaistow and volunteered as a youth worker. He was offered a place to study Youth and Community Studies at the YMCA George Williams College in Canning Town but couldn't afford the fees, until the Jack Petchey Foundation stepped in.

Ebenezer has since graduated from university and now works as a senior manager in a retail youth centre across London.

Ebenezer is sponsoring the education of two brothers: Bekker Dengu, 12, and Yabbinge Dengu, 7.

## Hammers launch Premier League 4 Sport



West Ham United Football Club have launched Premier League 4 Sport (PL4S),

an innovative new sports programme that gives young people in Newham the chance to try Olympic sports. The launch was attended by boxer Wladimir Klitschko, Olympian Christine Chungu and her sister Victoria, also an athlete.

PL4S has received £16.5m funding from the Premier League and Sport England over the next three years.

From October West Ham United will be running more than 20 sports lessons a week at the University of East London SportsDock, colleges and schools.

PL4S aims to help 14 to 25-year-olds become the next generation of Olympians. The project plans to reach more than 5,000 young people.

For more information or to register your interest email [WestHamUnited.CommunitySports@whu.ac.uk](mailto:WestHamUnited.CommunitySports@whu.ac.uk) or call 020 7437 7720.

# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
KIDS' CORNER, WEST WING  
4TH FLOOR, NEWHAM DOCKSIDE  
1000 DOCKSIDE ROAD, LONDON E16 2PU  
OR EMAIL THEM TO  
[newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

Don't forget to write your name, age, address and daytime  
contact telephone number on the back of your entry. We  
cannot return any entries.

## GALLERY



Kayla Lafaille, 12



Maryam Yonis, 7



Rakshar Ali, 10



Zahra Hussain, 10



## Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2GU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on.



# Colour-me-in Crossword



### Across

1. 100 years on
2. Henry Potter, also 1
3. Mr Jumble's Flying Colours
4. Englishman's Boy and 20
5. Shark 2
6. Large bear 20
7. Place for a photograph 1, 20
8. Laundry 20
9. Located at a station 10, 20
10. Opposite 1, 10, 20 and 20
11. About once a year 10, 20

### Down

12. Year's end 10, 20
13. For a time 10, 20, 20 and 20
14. Town 10, 20
15. Dinosaur 10, 20 and 20
16. Town 10, 20 and 20
17. Opposite 10
18. Dinosaur 10
19. Month 10, 20
20. Opposite 10, 20 and 20

## Poem

We are all outside to play  
Whereas our parents are there to lay.  
They relax and chill all day,  
Swaying their bodies from halfway.  
We go on holiday to Miami  
To see singers collect their Grammys

Then we fly back to our hometown  
when me and my sister screamed:  
"touchdown"

We arrive in Heathrow, where the aeroplane  
landed,  
Where I shouted to a stranger: "you are  
caught red-handed"

Now is the time to go to sleep  
I hope my school alarm doesn't beep a peep

Summertime Sunday  
Renee Addo

# WHAT'S ON?

16 - 30  
AUGUST

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

## OUR THRILLING THREE...

1

**Free aerobics** (aerobics only) Mondays, 12.30-1.30pm, Katherine Road Community Centre, Katherine Road, E7 free

2

**Happy Living Club** - for social and physical activities Wednesdays, 1-6pm, Jayas Community Centre, James Close, Fleetow, E13, free

3

**Dominoes Club** - for games involving small rectangular tiles with spots on them Thursdays, 3.30-6pm, Katherine Road Community Centre, Katherine Road, E7 Free

For more info on any of the above call 020 8546 9625

## MENTION THE MAG...

Mention the Alchemist Mag and your first session is free at Donlands Shoulin Kendo Club, which has just celebrated its first year at UEL Sports Deck in Barking.

Headed by master Tony Goley, 4th Dan Shoulin kyu 10K was one of the first clubs to set up home there.

Classes are held on Mondays from 6.30-8.30pm. Anyone aged five and over is welcome. There are also discounts for families, students and senior citizens.

Call Simon 07796 685 966 for a free session



## TRY SOMETHING NEW... SUMMER JAM

From 16 aged between 13 and 18 don't miss your chance to join 300 students.

Come to the Youth Movement's Summer Jam to find out what's up to London or what your rights are if you're stopped and searched in a workshop by the Met Police and take part in 200 free sessions at the sports day. There's also a chance for you to quiz those responsible for education and employment and find out more about how you can air your views about the borough.

You must register to attend the free event, which takes place on Thursday 29 August, 12.30-7pm, at UEL Sports Deck, University Way, E9. Email [YouthMovements@uelmail.com](mailto:YouthMovements@uelmail.com). Free refreshments will be provided.

For more information call Khadija McAdams on 020 3873 1274.



## Indicates free sessions

### ARTS AND ENTERTAINMENT

#### Comedy Night

Entertainment every Mon, 8pm Theatre Royal, Gerry Relfs Square, E15. Visit [www.craftofcomedy.com/](http://www.craftofcomedy.com/) comedy night

#### Mini Musical Makers

Free music and story building sessions for 2-5 years Wed afternoons Discover Story Centre, 383-387 High Street E15 Call 020 8536 5555 Mon mornings The Herby Centre, 257 Barking Road, E8 Call 020 7540 6553

**Free entry to Discover Children's Story Centre when you attend.**

Free music therapy sessions for 2-5 years

Thurs, 3-6pm at Shrewsbury Children's Centre, Shrewsbury Road, E12 Call 020 3373 6060 Fri, 2.15-3.15pm or 3.45-4.45pm, Susan Lawrence Children's Centre, Lawrence Avenue, E12 To book call 020 3373 7297

### COMMUNITY LEARNING

#### Do it Online

Basic computer sessions at local libraries. You must book in advance

Tues 2-4pm Fleetow Wed 2-4pm, Stratford Thurs 10am-12noon Canning Town The Gate and Manor Park Fri 2-4pm, East Ham

#### Knit & Natter

Craft group for adults, at local libraries. Fri 10am-12noon Canning Town Wed 10am-12noon, Barking

**Basic Numeracy (19s)**   
 Mon Thurs, 10am-5pm and  
 Fri, 10am-1pm, Jack Cornwall  
 Community Centre, Jack  
 Cornwall Street, E12 Call  
 07943 887 818 or  
 07507 173 272

**Writing for Fun**   
 Five ten-week creative  
 writing courses for 16+ at local  
 libraries. Mon, 6-8pm, and Fri,  
 7-9pm, Stratford

**Reading for Pleasure**   
 Five ten-week courses at local  
 libraries open to all. Sun,  
 2-4pm, Stratford

#### UNDER-FIVES LIBRARY ACTIVITIES

**Imaginative Play**   
 Fri, 7am-12noon, East Ham

**Interactive storytelling**   
 Fri 10-11.30am, East Ham

**Creepy Tales Club**   
 Mon, 11am-12noon, Beckton  
 Globe, North Woodwich  
 Tues, 11am-12noon,  
 Custom House, Stratford  
 The Gale  
 Thurs, 10.30-11.30am  
 Canning Town  
 Thurs, 2-3pm, North Woodwich  
 Fri, 10.30-11.30am, East Ham,  
 71am-730am, Stratford  
 Green Street and Manor Park

**Toy Library**   
 Tues, 10am-12noon,  
 East Ham

#### ADULT LIBRARY ACTIVITIES

All sessions take place at  
 local libraries

**Adult Reading Groups**   
 Mon 12 Aug, 6.30-7.30pm

**Stratford** This month Let the  
 Right One In by John Ayda  
 Linkqvist

**Over-50s Club**   
 Thurs 10am-12noon,  
 Beckton Globe

#### GENERAL LIBRARY ACTIVITIES

**Chess Club**   
 Learn and play chess for free  
 at your local library  
 Thurs, 5.30-7.30pm, Stratford

#### YOUNG PEOPLE'S LIBRARY GROUPS

**Beckton Globe**   
 Mon and Fri 2-3pm  
 Mon 19 Aug, Bubble Face  
 Painting  
 Fri 23 Aug, Ghoulish Grows  
 and Grumbles Use your  
 imagination to create stories  
 Fri 30 Aug, 11am-12noon  
 Author visit - Janery Strong, to  
 book call 020 3373 0684  
 Canning Town  
 Mon and Wed 2-3pm  
 Mon 19 Aug, Franken Masks  
 Wed 21 Aug, Reading Slam  
 Wed 28 Aug, Reading Slam  
 Custom House  
 Tues and Thurs 2-3pm  
 Tues 20 Aug, Spooky Artz  
 Thurs 22 Aug, Monster Menz  
 Tues 27 Aug, Reading Hoops  
 Thurs 29 Aug, Out of the  
 Shadows  
 East Ham  
 Mon, Tues and Thurs 2-3pm  
 Mon 19 Aug, Spooky Spiders  
 Tues 20 Aug, Bones and  
 Groans  
 Thurs 22 Aug, Reading Hoops  
 Tues 27 Aug, Creepy Drama  
 Thurs 29 Aug, Ghoulish  
 Grows and Grumbles  
 Green Street  
 Wed and Fri 2-3pm  
 Wed 21 Aug, Bubble Face  
 Painting  
 Fri 23 Aug, Ghoulish Grows  
 and Grumbles  
 Wed 28 Aug, Recycling Crafts  
 Fri 30 Aug, Reading Hoops  
 Manor Park  
 Wed and Thurs 2-3pm  
 Wed 21 Aug, Fonglastic  
 Puppets

**Thursday 22 Aug, Franken  
 Masks**  
 Wed 28 Aug, Ghoulish  
 Grows and Grumbles  
 Thursday 29 August, Bones  
 and Groans  
 North Woodwich  
 Tues 11am-12noon  
 Tues 20 Aug, Creepy Drama  
 Tues 27 Aug, Franken Masks  
 Plasticine  
 Mondays & Tuesdays 2-3pm  
 Mon 19 Aug, Fonglastic  
 Puppets  
 Tues 20 Aug, Creepy Drama  
 Tues 27 Aug, Bones and  
 Groans  
 Stratford  
 Tues, Wed and Fri 2-3pm  
 Tues 20 Aug, Recycling Crafts  
 Wed 21 Aug, Spooky Spiders  
 Thurs 22 Aug, 7-9pm, Creepy  
 House Night - Do you dare visit  
 the Haunted Library?  
 Fri 23 Aug, Spooky Artz  
 Tues 27 Aug, Bubble Face  
 Painting  
 Wed 28 Aug, Music Mayhem  
 Fri 30 Aug, 2-3pm and 4-6pm  
 Author visit - Janery Strong, to  
 book call 020 3373 0684  
 The Gale  
 Thurs and Fri 2-3pm  
 Thurs 22 Aug, Bubble Face  
 Painting  
 Fri 23 Aug, Music Mayhem  
 Thurs 29 Aug, Creepy Drama  
 Fri 30 Aug, Spooky Artz

#### EXTRA ACTIVITIES

**LOFT Community Group**   
 For over 50s, Snacks and  
 refreshments provided  
 Every third Tues of each month  
 4.0pm, Community Resource  
 Centre, 200 Chargeable Lane  
 E13 Call 020 7233 0467

#### Royal Docks Learning & Activity Centre

**Man** Employment Support  
 sessions by appointment only  
**Tues** Bingo 10am-12noon  
 Healthy Cooking Group  
 10am-12noon  
 Parent and toddler group, free,  
 10am-12noon  
 Over 50s Computer classes  
 71am-7pm  
**Weds** Mother and Toddlers  
 group, free, 9.30-11am



**Coffee Morning** free 9.30-11am  
 Learn to Earn - Employment  
 Support Drop-in, free,  
 10am-2pm  
 Sewing Classes 10am-12noon  
**Thurs** Ten Ch, E2,  
 10.30am-12noon  
 Royal Docks Learning &  
 Activity Centre, Albert Road,  
 North Woodwich, E15  
 Call 020 7476 9822

**Dirty Hands Project**  
 Grow your own fruit and veg  
 Open to all First Set of each  
 month, 10am-2pm, Viable  
 Grove, Bopplestone (Havestow  
 Station) E13 Visit  
[www.dirtyhandsproject.org.uk](http://www.dirtyhandsproject.org.uk) or  
[email.dirtyhandsproject@gmail.com](mailto:email.dirtyhandsproject@gmail.com)  
 or call 07961 674 210

**Table Top Sale**  
 Sell your goods and keep your  
 profits £5 a table - open to all  
 Last Set of every month 8am-  
 2pm Jack Cornwall Community  
 Centre, Jack Cornwall Street  
 E12 Call 020 8523 3459

**Turn up and trade**  
 Free pitches available for  
 traders Every Sat, 9am-  
 4pm Rathbone Market  
 Barking Road E18 Email  
[saturdaytrading@gmail.com](mailto:saturdaytrading@gmail.com) or  
 go to [www.donovanshaw.gov.uk](http://www.donovanshaw.gov.uk)  
 or call 07790 945 965

#### BOXING AND SELF DEFENCE

**Boxing**   
 Weds 7pm  
 West Ham ABC - community  
 boxing 11-12a  
 Olympic style amateur  
 boxing sessions Hathaway  
 Community Centre  
 Hathaway Crescent, E12  
 Call 020 8430 2000  
 Mon, Wed Fri 5-6pm  
 West Ham Boys ABC 8+  
 boys and girls





**The Black Lion** 59-61 High Street, E13 Call 020 8472 3614  
 Mon, Wed. 8-9pm  
**Pescoc ASC 6+**, boys and girls  
 Caxton Street North, E18  
 Call 020 7511 3799  
 Mon, Wed. Fri. 6-7.45pm  
**Newham Boys ASC**  
 6+ boys only  
 Old Bath House, 141 Church Street, E15 Call 020 8519 5800  
**Fight For Peace 11+**  
 boys and girls  
 Woodman Street, North Woolwich, E16  
 Call 020 8974 0054

**Punch Out (16+)**  
 Tues, 5-6pm Kishene Road Community Centre, 254 Kishene Road, E7  
 Thurs 8-9pm, boxing fitness workout! Docklands Community Centre, East Ham Minor Way, E8 Email getactive@newham.gov.uk

**Shogun Karate**  
 Fri, 6-7pm and 7-8pm  
 Sun, 10-11am Sessions for beginners Under 15s £4 16+ £5 cones £5  
 Newham Shogun Karate Club Newham Leisure Centre, Penze Regent Lane, E13 Call 07508 670 638

**Docklands Karate Club**  
 Mon, 6.20-8.20pm, Under 15s £4 16+ £5 cones £5  
 first session free  
 UFL Sports Dock, Docklands Campus, E16  
 Call 07786 885 889

**Tang See Go**  
 Sat, 7.30pm and Tues 7.30-8.30pm (one at least 15 minutes

before start) The Hub, 128 Star Lane, E16 Korean Martial Arts for 5+ to adults, £5 per session – family discount available  
 Call 07725 948 426 or email aea\_rusko@hotmail.com

**Map, Skip and Punch (18+)**  
 Tues, 5-6pm, Kishene Road Community Centre, 254 Kishene Road, E7  
 Call 020 8548 8825

**Gurumay Taiwende**  
 Mon and Wed, children 6-7.30pm juniors and adults 7.30-9.30pm Monaga Primary School, Halsey Road, E12  
 Call 07831 709 140

**JPI Karate**  
 For children and teens (5+)  
 Mon, 5-6.30pm, Wed, 5-6.30pm The Hardley Centre, 267 Barking Road,  
 Call 07818 060 543

#### HEALTH AND FITNESS

**Bootcamps**  
 Bootcamp Bootcamp parent and child (aged 7-12) session Tues 5-7pm child is free  
**Indoor/outdoor**  
 Brianna Wileys Hub 65 Evelyn Road, E16  
 90 Day Boot Camp Challenge

**Outdoor**  
 Mon and Thurs, 7-10.45am  
 Tues and Thurs, 7pm  
 East Ham Central Park, High Street South, E8  
 Teens only Boot Camp (13+)  
 Weds 5.30-6.30pm  
 Thames Barrier Park, Barrier Point, E16 Email info@sculpturepark.co.uk or call 07904 625 462

**Family Fit Club**  
 Sat, 11am-12noon West Ham United Community Training Facility, 60s Alabaster Close, E5 Call 020 7473 7734

**Bootcamp (men only)**  
 Thursdays, 7.30-9pm, 25 Langdon School Sports

Centre, Sussex Road, E10  
 Call 07818 000 543

#### Zumba classes

Thurs 7.30-8.30pm St Nicholas Church Hall, Gleding Road, E15  
 £5 per class, Call 07720 805 505

#### Yoga Classes

Tues 8.30-7.10pm and  
 Tues, 10.30-11.30am,  
 £5 50 (£2.50 cones)  
 The Hub, 128 Star Lane, E16  
 Weds, 8.45-7.45pm  
 The Unitarian Church,  
 West Ham Lane, E15  
 Call 07856 808 007 or visit  
 www.yocasia.co.uk

#### Dance 7 Yoga

Hatha yoga drop in classes  
 Tues 7pm £5  
 Forest Gate Methodist Church  
 Woodgrange Road, E7  
 Weds, 7pm, E7  
 Timber Lodge, Queen Elizabeth Olympic Park, E20  
 Thurs 5pm, E5  
 Play Grounds Grow, 6 Gay Road, E15 Call 07550 944 035 or email gals@yogafitgals.com

#### Twisted Pink Street Dance

Fri, 8-9pm 7.21s, £3  
 Fri, 7.15-8.15pm Zumba classes  
 £5 including chocolate St Luke's Church, 88 Nelsing Road, E16  
 Call 07534 513 207, visit  
 www.twistedpink.org.uk or email  
 twistedpink20@bt.com

#### Zumba

Mon and Thurs 6.30-7.30pm  
 £5 Meadow Community Centre, 63 Queens Road West, E13 Call 07816 327 541

#### Zumba with Annelise (17+)

Mon, 7-8pm, £5 a session,  
 Moavings Lane Community Centre, Gower Close, E15

Wed, 7.30-8.30pm, Docklands Community Centre, East Ham  
 Minor Way, E8 Call 07500 088 625

#### TENNIS

Sat, Under 16s 12noon-1.30pm,  
 Adults 15+ 12-3pm, free  
 Tennis courts, Canning Town  
 Recreation Ground, Penze  
 Regent Lane, E15 3JP  
 Call 07858 885 709  
 jvelazquezacademy@gmail.com  
 Thurs 8-10.30pm 5-6pm  
 Adults 16+ 6-7pm, free  
 Tennis courts, Central Park  
 High Street South, E8  
 Call 020 3373 9000

#### 20+ ACTIVITIES

**Newham Striders**  
 Free socialist walking group,  
 seven days a week,  
 Call 0844 414 2728

**Bowls club**  
 For over 16s, 076s welcome  
 with an adult  
 Sun-Fri, 12.30-3pm West Ham  
 Lawn Bowling Club, Stratford  
 Park, West Ham Lane, E15 call  
 020 7523 4316  
 Weds, 2-5pm, Flasher Park  
 Bowling Club, Flasher Park,  
 Flasher Grove, E8  
 call 020 8471 3027  
 Weds 3-6pm Central Park  
 Bowling Club, Central Park  
 High Street South, E8 call  
 020 8519 2128  
 Thurs 2.30-5.30pm Phoenix  
 Bowling Club, Royal Victoria  
 Gardens, Albert Road, E16,  
 call 020 7511 6812

#### Qi Gong

Thurs 8pm, for adults, £5 per  
 session Docklands Community



**Boat** near DiCals. Meet at the gates to Millennium Mill Mill Road, E15  
Call 07930 010 275 or email [info@highwellthrive.com](mailto:info@highwellthrive.com)

#### Beginners' Ballroom

Mon, 10am-12noon. St Paul's Church Centre, Burgess Road  
£5-£2.50 per session. Call 07781 208 403

#### Gemini Square Dance Club

Mon, 8-10.30pm, Chandos Community Centre, Colinsgrove Road, E15. Ideal for 50+  
£4 per session including tea and biscuits. Call 020 8529 1692 or email [nbro22@hotmail.com](mailto:nbro22@hotmail.com)

#### Needle Walking

Fri 6-8pm, free  
Starting point from Balsam Leisure Centre  
Sun, 10-11.30am, free  
Starting point at East Ham Leisure Centre

#### GREEN



#### Garden Club

Tuesday 3-5pm, Thurs 4-7pm, Sat 10am-4pm, free  
Abbey Gardens, Bakers Row Stratford E15

#### Gardening Thymes

**Gardening Club**  
Fri, 11am-1pm free  
Bowling Green, Central Park, High Street South, E6

#### Bloomin' Hallywell

**summer programme**  
Every Fri until 30 Aug, 3-6pm, arts, crafts and wildlife projects  
Hallywell Crescent, Beckton E5  
(Jewels by North Beckton Primary) Call 07752 267 068

#### DOORSTEP CLUBS



#### Gym & Basketball

**Doorstep Sports Club (14+)**  
Tue 6-10pm ET 50 Rokeby School, Gilling Town E16

#### Athletics & Multi Sport

**Doorstep Sports Club (14+)**  
Tues, 5.30-6.30pm, free  
Newham Leisure Centre

#### Kicks into Athletics (5+)

Football and athletics sessions  
Sat 5-8 years 3pm, 8-12 years 10am, 12-18 years 11am, E1

#### Stunt & Tumble (14+)

Thurs, 2.30-4pm, £5  
Talent Cheer & Dance, Gallions Reach

#### FEMALE SPORTS



#### Dance2Dance

Street dance classes for girls, 12-16s. Fri, 3.30-5.30pm  
Newham Leisure Centre, Prince Regent Lane, E13  
Call 020 3373 9000

#### Girls Spinning Sessions

Mon and Weds, 4-4.30pm  
11-16. Newham Leisure Centre, Prince Regent Lane E13. Call 020 7511 4477

#### Female Only Gym Sessions

Tue and Thurs, 3.30-5pm, 17-16s Weds, 1.30-3pm, 16-25s. Newham Leisure Centre, Prince Regent Lane E13  
Call 020 3373 9000

#### Female Boxfit Classes (16+)

Mono 4-5.15pm, Balsam Leisure Centre, Balsam Street E13. Call 020 780 780 526

#### Girls Football

Tues, 3.30-5.30pm, 11-16s, Newham Leisure Centre, Prince Regent Lane, E13

#### Female Multi-Sports

Fri 4.15-5.15pm Centre, Tennis, Handball, Rounders, Football and more. Little (ford) Youth Zone Rectory Road, E12  
Call 080 8550 5873 or email [Flashkick@btopenworld.com](mailto:Flashkick@btopenworld.com)

#### Sheila's Yummy

#### Mummy Buggy (16+)

£5 per session  
Mon, 10-11.30am  
East Ham Central Park, E6  
(meet outside cafe in the park)  
Fri, 10-11.30am, Flashfit Park, Flashfit Grove, E6  
Call 07808 614 898 or email [sparkles@bt.com](mailto:sparkles@bt.com)

#### Janice's Fitness (16+)

Tues, 9.30-10.30am  
Thurs 9.30-10.30am  
Soca and Zumba fitness sessions: £5 per session  
St George and St Ethelbert Church Hall, Burford Road E6  
Email [info@kicks.co.uk](mailto:info@kicks.co.uk) or call 07818 000 543

#### Zumba, Soca and

#### Salsa Fusion

Mon, 8.45-7.45pm, £5  
The Hartley Centre  
267 Barking Road, E6  
Call 07818 000 543

#### Aerobics

Thurs 7-8pm £5  
Langdon School Sports Centre, Sussar Road E6

#### Sonic's Circuits (16+)

Tues and Fri, 10-11am, £4, Ridley Chesson Centre, 94 Upton Lane, E7  
Call 07789 230 106

#### Body Blast (14+)

Mon 7-8pm Weds 12.30-1.30pm and Thurs 6-7pm  
£5 per session. Talent Central Unit 27a 3 Armada Way, Gallions Reach Shopping Park, E5. Call 07086 512 670

#### Abs Blast

Thurs, 5.30-6.15pm, 11-16s, E3. Newham Leisure Centre, Prince Regent Lane, E13

#### SPORTS AND PHYSICAL

#### ACTIVITIES FOR

#### DISABLED PEOPLE



#### Family Swims for Disabled

#### Children and Adults

Sat 4.30-5.30pm. Newham Citizens Swimming Club, Newham Leisure Centre, E13. For more details call 07031 788 739  
Sun, 12.30-2pm, Family Swims, Balsam Leisure Centre, E15, £5. Call 020 7476 5274

#### Swim for Families

#### dealing with Autism

Wed 4-5pm Balsam Leisure Centre E13. Call 020 7476 5274

#### Get fit for free

Tues, 1.30-3.30pm and Fri,



10am-12noon. Free gym use for people with learning disabilities. Newham Leisure Centre. To book an induction call 020 7511 4477

#### 81 Football Club

Third Sun of every month, 10am-12noon. East Ham Leisure Centre, E6

#### Disabled Athletics

Tues 4.15-5.15pm 11-16s, Brampton Mens, Roman Road, E6

Thurs 4.30-5.55pm,

St Angela's Ursuline School, 1 St George's Road, E7  
Email [enquiries@englandsathletics.org](mailto:enquiries@englandsathletics.org)

#### Ability Club

Multi-sports for disabled young people (11-25s)  
Weds, 4-5pm, Newham 6th Form College, Prince Regent Lane, E13

#### Trampoline Sessions

Fri 5-7pm and Sat, 12noon-2pm, 019s. Newham Leisure Centre E13. Call 020 7511 4477

#### Mixed Swimming Sessions

For Adults and Children  
Wed, 10am-12noon, East Ham Leisure Centre, E6. £1-£5 per session. Call 020 8548 5850

#### RUNNING



#### East End Road Runners

Tues and Thurs 7pm  
Sun, 9am, meet on the track, coached sessions for all abilities  
Newham Leisure Centre, Prince Regent Lane, E13  
Call 07879 261 647



Football

## Run England sessions

All sessions are 1.2 unless indicated otherwise  
**Sun, 10am-12noon, Newham Leisure Centre, E13** (meet on the track)  
**Mon, 4-5.30pm, Newham Leisure Centre, E13** (meet on the track)  
**Wed, 5.45-6.45pm, Newham Docklands, E16** (meet at reception)  
**Tues, 6-7pm, Newham Leisure Centre, E13** (meet on the track)  
**Wed, 12noon-1pm, Newham Docklands, E16** (meet at reception)  
**Thurs, free 5.15-6.15pm, LEL Docklands Campus, E16** (meet at reception)  
**Sat, 10-11.30am, East Ham Central Park, E8** (meet at the castle)  
**10-11.30am, Westwood Fields, E12** (meet at Herrow Road Changing Pavillion)  
**10-11.30am, Memorial Park, E15, E8** (meet at car park)  
**Call 07718 394 874**

## Beckton Park Run

Sat, 9am, free  
**Beckton Park South, E16**  
**Call 07718 394 756**  
[www.parkrun.org/beckton](http://www.parkrun.org/beckton)

## SPORTS

### London Youth Games

Mon, 4.30-6pm U14, Newham Leisure Centre, Prince Regent Lane, E13

### BMX

Sun, 10am-12noon 6-16s, £3/£2 members/£10 annual membership  
**Gosport Playing Fields, St Albans Avenue, E8**  
**Call 07921 332 615 or email**  
[pauf@stirling@newham.gov.uk](mailto:pauf@stirling@newham.gov.uk)

## Founders (16+)

Weds, 6.30-8pm  
**Newham Leisure Centre, E13**  
**Call 020 3379 5000 or email**  
[pauf@stirling@newham.gov.uk](mailto:pauf@stirling@newham.gov.uk)

## Cricket (6-16 yrs)

Weds, 5-7pm  
**West Ham Park, E7, email**  
[pauf@stirling@newham.gov.uk](mailto:pauf@stirling@newham.gov.uk)

## Swimming

**Newham Young Britons ASC**  
**Sat, 6.15-7pm, Learn to swim and improve your strokes**  
**Children's session: £2-5-16**  
**Newham Leisure Centre, Prince Regent Lane, E13**  
**Call 07958 304 518**

## Woodside

**Badminton Club**  
**Fri, 8-9.30pm, intermediates and club standard players welcome, £5 waived/£3 unwaged, Carpenters Docklands Centre, 66 Gibbins Road, E15**  
**Call 07958 781 676 / 07958 150 840**

## STRATFORD CIRCUIS SUMMER ARTS

**Monday 19 to Friday 23 August, 10am-3pm**  
**Design, make, construct, for ages 14-16**  
**A summer school in theatre design**  
**Saturday 24 August, 11am-12.30pm-1.30-8pm**  
**Youth Choir workshops, for ages 10-16**  
**Join in a leader session and try out for the choir. Free**  
**Call 020 7479 7794**

## FOOTBALL

### Mayor's Football League

U16s, U12s, Mon, 4.30-6pm U16s, U18s, 5-7pm  
**Newham Leisure Centre, Prince Regent Lane, E13**

### WHU Kicks

Mon, U14s 4-5.30pm 15+, 5.30-7pm  
**West Ham United Community Astro Turf (Beckton), E8**  
**11.15s, 5pm**

**Forest Gate Youth Centre, E7**  
**Tues, U14s, 4-5.30pm**  
**15+, 5.30-7pm**  
**West Ham United Community Astro Turf (Beckton), E8**  
**11.15s, 6-8pm**  
**Peary Park MUGA, E8**  
**Weds, 11-11.15s, 5-6pm**  
**Peary Park MUGA, E8**  
**Thurs, 11.15s, 4-7pm**  
**Peary Park MUGA, E8**  
**Fri, U14s, 4-5.30pm**  
**Gile 17+, 5.30-7pm**  
**West Ham United Community Astro Turf (Beckton), E8**  
**11.15s, 5-6pm**  
**Forest Gate Youth Centre, E7**

### Football & Multi Sports

Mon 5.30-7pm, 5-15s  
**Weds, 5-7pm, 8-19s**  
**Stratford Park MUGA, West Ham Lane, E15**

### 5-a-side Football

**Competition**  
**Weds 5-6.30pm, 8-10s, Ford's Park, Ford's Park Road, E15**  
**Thurs, 5.30-7pm, 8-10s, Royal Victoria Gardens, Pier Road, E8**  
**First Sat of the month, 10am-1pm, U12s/U14s/U16s, Pleshet Park, Pleshet Grove, E8**

### Football & Multi-Sports

Sat, 2-3.30pm, 8-15s, Winsor Park Estate, Winsor School MUGA, East Ham Minor Way, E8

### AIR Football (16+)

Tues, 1-3pm and Fri, 10am-12noon, 16+, Memorial Park Memorial Avenue, E15  
**Fri, 3-5pm, Beckton Powertags, E8**  
**Visit [www.airfootball.co.uk](http://www.airfootball.co.uk)**

### Ascension Football Academy

All sessions £3  
**School/years: Reception to 11**  
**Sat, 10-11.30am**  
**King George V Park**  
**King George Avenue, E16**  
**Call 07806 554 925**

### Men's Health Football Fitness Sessions

Sat, 10-11am, West Ham United Community Training Facility, 60a Abchurch Lane, E8  
**Call 020 7479 7794**

## CONTACT THE MAYOR

There are no telephone or walk in surgeries in August but you can still raise your query with the Mayor by writing to him at the Mayor's Office, 1000 Dockside Road, London E16 2GU or email [mayor@newham.gov.uk](mailto:mayor@newham.gov.uk)

## LIBRARY CONTACTS

**Beckton Globe**  
**1 Kingford Way, E8**  
**Canning Town**  
**Barking Road, E76**  
**Custom House**  
**Prince Regent Lane, E16**  
**East Ham**  
**High Street South, E8**  
**Green Street**  
**337-341 Green Street**  
**The Gate 6-8 Woodgrange Road, Forest Gate, E7**  
**Minor Park**  
**685-691 Romford Road, E12**  
**North Woolwich**  
**5 Pier Parade, E16**  
**Plumstead**  
**North Street, E13**  
**Stratford 3 The Grove, E15**  
**Archives and Local Studies**  
**Printed poster and email service only call 020 3379 6881 email [archives@citystudios@newham.gov.uk](mailto:archives@citystudios@newham.gov.uk)**  
**Community Outreach Services**  
**To find out more call 020 3379 0813**

Hundreds of services – one website. Visit [www.newham.gov.uk](http://www.newham.gov.uk)  
**Call Newham Council on 020 8430 2000**

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